

# EMPLOYEE ASSISTANCE PROGRAMME



GIVE YOUR CONTRACTORS IMMEDIATE ACCESS TO COUNSELLING, LEGAL AND FINANCIAL ADVICE, AND HEALTH AND WELLBEING SUPPORT TO HELP THEM WORK THROUGH LIFE'S CHALLENGES.

## OVERVIEW

Balancing the pressures of work with the needs of home and personal life can be stressful. advantage's health and wellbeing support service, delivered by Health Assured, will help your contractors deal with problems that might adversely impact work performance, life, health, and wellbeing.

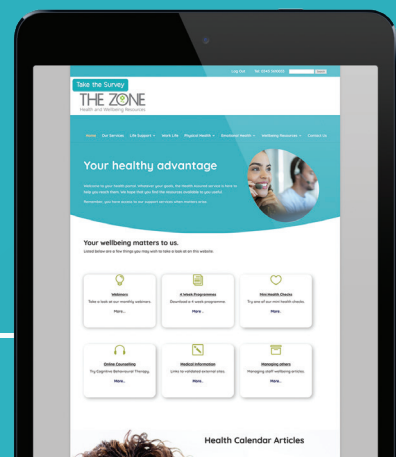
Whether it's legal issues, financial problems, stressful situations relating to family or a physical or emotional health concern, your contractors will have access to a range of support services as well as an in-house team of expert counsellors and advisors to help them work through any problems they may have.

## KEY FEATURES

- The Health e-hub app and online portal
- 24-hour helpline
- Face-to-face and telephone counselling sessions: contractors can work through their problems with a therapist accredited by the British Association for Counselling and Psychotherapy (BACP) in a private and confidential setting.
- Contractors also get access to: a Health Risk Assessment, Online CBT, Four Week Programmes, Wellbeing videos, Medical Information, Webinars and

## HOW IT WORKS

- 1 To get access to the online service, contractors simply log into advantage.
- 2 Once logged in, contractors will find a link and an access code which will take them directly to the health and wellbeing support page.
- 3 They will then have access to Health Assured's full range of features and be able to utilise any of the services whenever they're needed.



For more information please visit: [www.remusrewards.com](http://www.remusrewards.com)  
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